

Russell Vossbrink's Story Through the Eyes of His Wife



My husband Russell was such an active healthy person, and at 36-years-old, it was impossible for anyone to comprehend that sudden heart failure could happen to him, but it did.

He had just arrived at work on a Monday morning, right after dropping our toddler off at daycare, when he collapsed. I was told later that he was actually dead at that moment, which is still something that brings me close to tears when I hear it. And his life could have ended right there if it had not been for co-workers trained in CPR, a portable AED with someone trained to use it, and the Phoenix fire department EMS workers who

arrived in minutes to administer the new CCR technique.



They, as well as countless doctors and nurses at St. Joseph's and the Mayo hospital, are responsible for my husband not only surviving, but recovering to the same person mentally as well as physically as he was before the sudden cardiac death. It really is not possible to express in any words how grateful I am to have my husband back, and to know our little boy won't miss any tickles from daddy and our baby girl will get to giggle while he makes funny faces at her for years to come.

--Anne Vossbrink

ADHS Epidemiologist specialist
and wife of cardiac arrest survivor

*The Vossbrink kids at dad's office
June 4, 2010*



*The Vossbrink Family
October 11, 2010*